

# Tidewater Academy of Nutrition & Dietetics

Fall 2016

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## *Greetings TAND Members,*

As we move into the fall season it may feel a bit like the year is winding down however, TAND 2016-2017 membership year is just getting started! TAND goals for this year include planning and providing informative yet relaxed social events, updating media resources, strengthening relationships with community affiliates and broadening our membership reach in Hampton Roads. Over the past year we have expanded the TAND website to enhance communication and permit easy access for membership to sign-up/renewal with upcoming plans to expand nutrition resources section for members. In addition, we have hosted several CEU events and most recently have aligned with the Culinary Institute of Virginia (CIV) to bring about awareness of the benefits of uniting nutrition principles and culinary applications. Please mark your calendars for two upcoming CEU events; November 5<sup>th</sup>, Sprouting with Chef Danahy and December 14<sup>th</sup>, A Taste of Culinary Nutrition hosted by TAND and CIV.

These events, among other exciting initiatives, are on the agenda for TAND members this year. While the board of directors are working hard to expand membership, we invite you to join us in this effort. If you are interested influencing the future of the dietetic community, please contact us. Fresh eyes, new talent, and innovative ideas are appreciated and most welcome. For those of you whom wish to reconnect, please come and join us at one of our fun fall events or go to <http://www.eatrighttidewater.net/> for information on upcoming events. You may also connect with us by visiting the Tidewater Academy of Nutrition and Dietetics Facebook page. Please remember, your active participation IS what keeps TAND and the field of dietetics moving forward. We look forward to seeing you at our next event.

Sincerely,

Jennifer Hoffman and Kameo Snyder  
2016-2017 Co-Presidents of TAND

# Upcoming Events

*October 11th, 6:30pm at Sonoma Wine Bar & Bistro*

**Perioperative GI Nutrition: Carbohydrate Loading and Immunonutrition** presented by Dr. Isabel Correia and Dr. David Evans

This 1 hour CEU and dinner will review outcomes from preoperative carbohydrate loading and perioperative immunonutrition research studies.

There are still spots available! Sign up here: <http://evite.me/mYTBfpzEnn>



## *Virginia Beach Restaurant Week Oct 3rd-9th*

Over 70 Virginia Beach restaurants will be participating in this exciting week of culinary artistry. Restaurants will feature 2 course lunch menus for \$12 and 3 course dinner menus for \$22 or \$32. Many participating restaurants feature locally sourced food, including:

1608 Crafthouse

Croc's 19th Street Bistro

Tautog's Restaurant

Terrapin Restaurant

Tubby's Tavern

Zoes Steak & Seafood

See the full list of restaurant week participants here: <http://www.dineinvb.com/restaurant-week/>



# Sweet Potato & Black Bean Chili

4 servings

## Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chile
- 1/4 teaspoon salt
- 2 1/2 cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro



## Preparation

Active: 25 m

Ready In: 40 m

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

From [www.eatingwell.com](http://www.eatingwell.com)